

# Unit 3



## Manicure and Pedicure Services

### INTRODUCTION

The two most common services that are provided by beauty parlours are 'manicure' and 'pedicure'. A Beauty Therapist is expected to be proficient in providing these services. 'Manicure' is a treatment that improves the appearance of nails and hands, and softens them, whereas, 'pedicure' has the same impact on feet. Since manicure and pedicure relax the muscles and skin of the hand and feet, respectively, it is important to understand some basics about the anatomy of the hand and feet.

The Beauty Therapist, in particular, must know about the following:

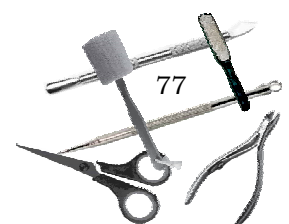
- anatomical structure, functions and characteristics of nails, and the process of nail growth. The structure of the nail includes:
  - Nail root matrix
  - Nail mantle
  - Nail plate
  - Nail wall
  - Nail grooves
  - Nail bed
  - Lunula
  - Free edge
  - Hyponychium
  - Cuticle

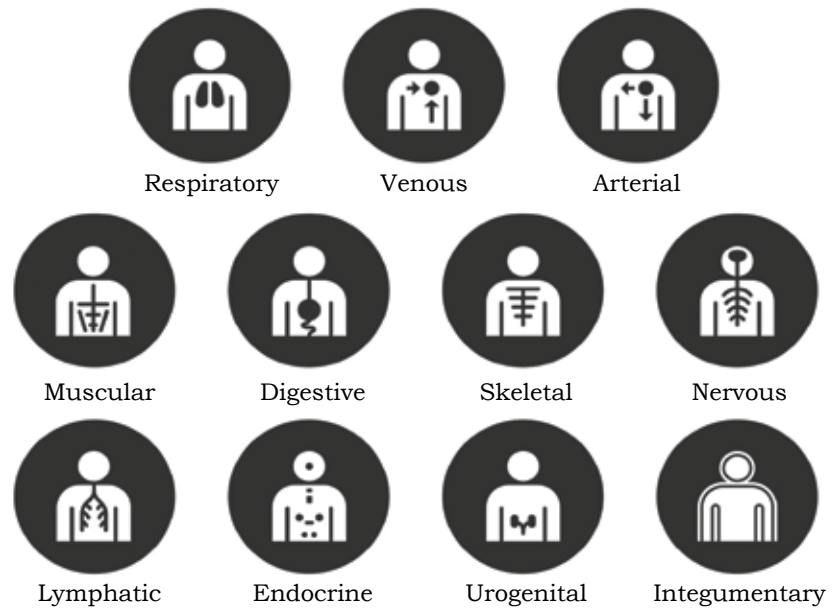
- anatomical structure of the skin and its functions. The structure of the skin includes:
  - layers of the epidermis — dermis and subcutaneous layer
  - hair follicle, hair shaft, sebaceous gland, arrector pili muscle, sweat gland and sensory nerve endings
- names and position of bones in the lower leg and feet
- names and position of bones in the wrist, hands, fingers and forearm
- structure and functions of lymphatic vessels in the lower leg, feet, hands and arms
- position of arteries and veins in the lower leg, feet, hands and arms
- location of muscles in the lower leg, feet, hands and arms
- nail diseases and disorders
- nail and skin analysis by visual or manual examination to identify treatable conditions and contra-indications, restricting or preventing a service

## **SESSION 1: ANATOMY OF THE NAIL, HAND AND FEET**

Anatomy is the study of the structure of the body of humans and animals, what it is made of, i.e., bones, muscles and skin.

The human body consists of various organ systems, such as circulatory, digestive, respiratory, excretory, nervous and endocrine. A synergistic function of these systems is vital for the health and wellness of a person. Beauty therapies help relieve stress through massage and naturopathy procedures or other alternative therapies, which relax the muscles. Therefore, it is important to know about the anatomy of arms, legs, hands and feet. The main systems of human body are — respiratory, venous, arterial, muscular, digestive, skeletal, nervous, lymphatic, endocrine, urogenital and integumentary (Fig. 3.1). The knowledge of anatomy also helps in the identification of diseases, infections and contra-indications.



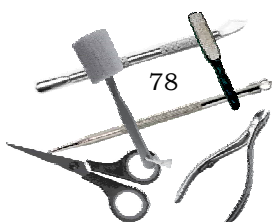


*Fig. 3.1: Body systems*

## **Skeletal system**

Its main function is to protect the internal organs. For example, the ribcage protects the heart and lungs, the skull protects the brain, vertebral column protects spine, and so on. The skeleton works with the muscular system, which provides movement and control of the body. Muscles are attached to bones and they are collectively responsible for postures and movements. The skeletal system is composed of the following.

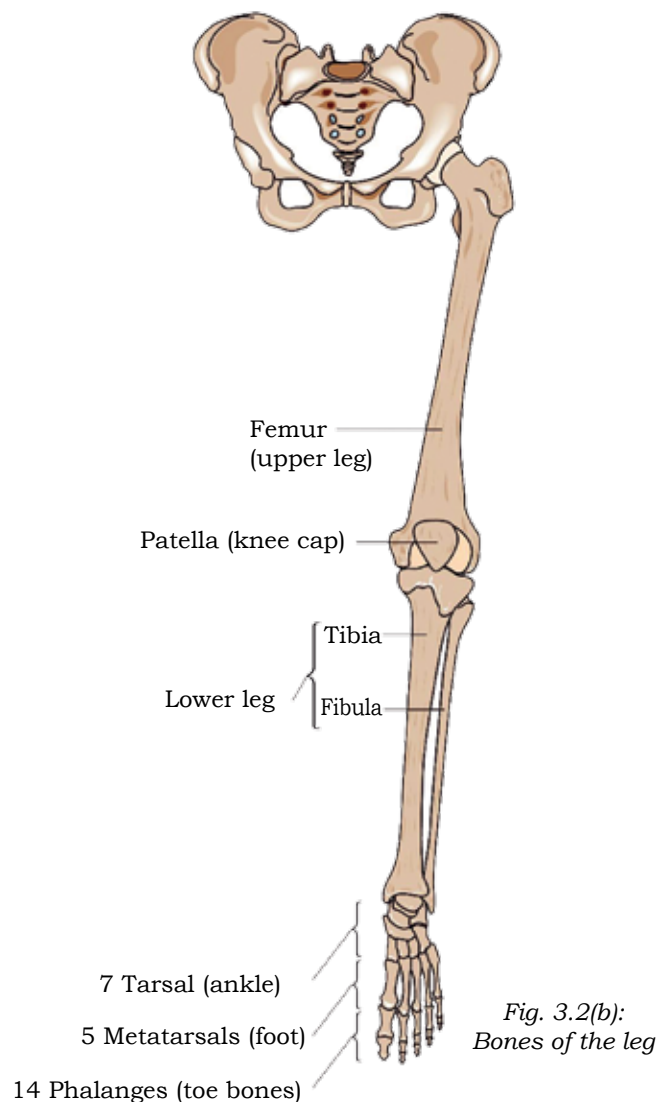
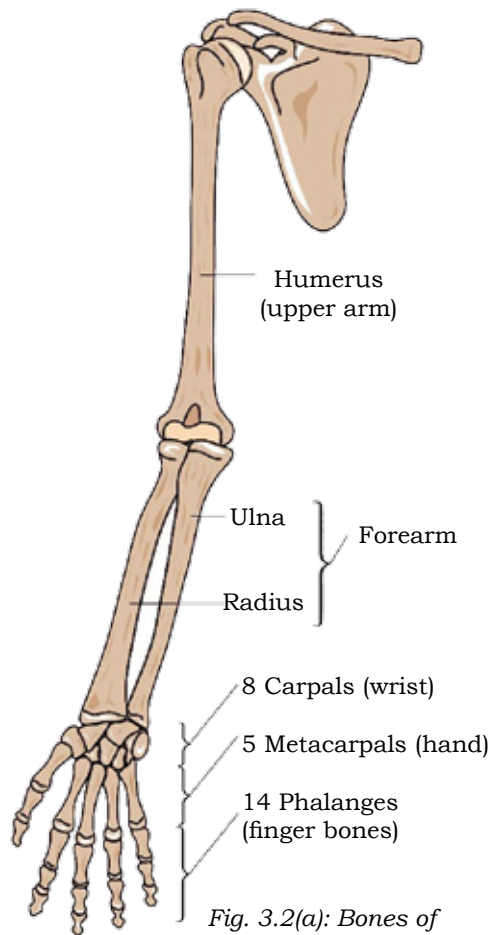
- 1) **Bones:** These form the framework of the human skeleton.
- 2) **Bone marrow:** These are flexible tissues located in bones, where blood cells are produced.
- 3) **Joints:** The point at which two or more bones meet is called a 'joint'. Joints not only connect bones but also bear our weight and enable us to bend and move.
- 4) **Cartilage:** These are the connective tissues found in joints, which support other tissues that cannot rejuvenate. Cartilage does not contain blood vessels.
- 5) **Tendon:** It is the tissue where a muscle attaches to the bone.
- 6) **Ligament:** It is the tissue that connects two bones.

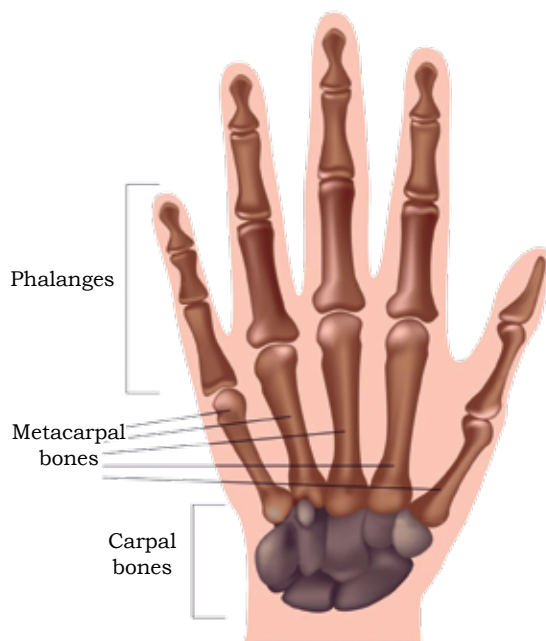


Massage assists the skeletal system in these ways:

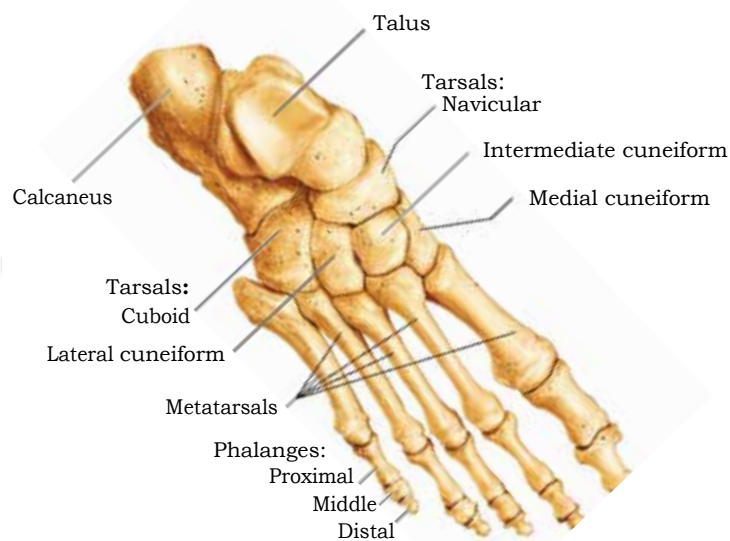
- improves posture
- improves muscle tone
- reduces joint stiffness and pain
- increases flexibility of muscles
- increases range of motions
- reduces inflammation
- improves soreness and fatigue
- reduces the number and intensity of muscle spasms
- facilitates body alignment
- facilitates mineral retention
- relaxes tight muscles and tendons

Let us now take a look at the following diagrams [Fig. 3.2(a), 3.2(b) and 3.3] for a better understanding of bones.





*Fig. 3.3: Bones in fingers and wrist*



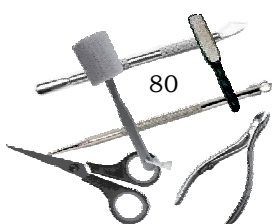
*Fig. 3.4: Bones in the foot*

## Muscular system

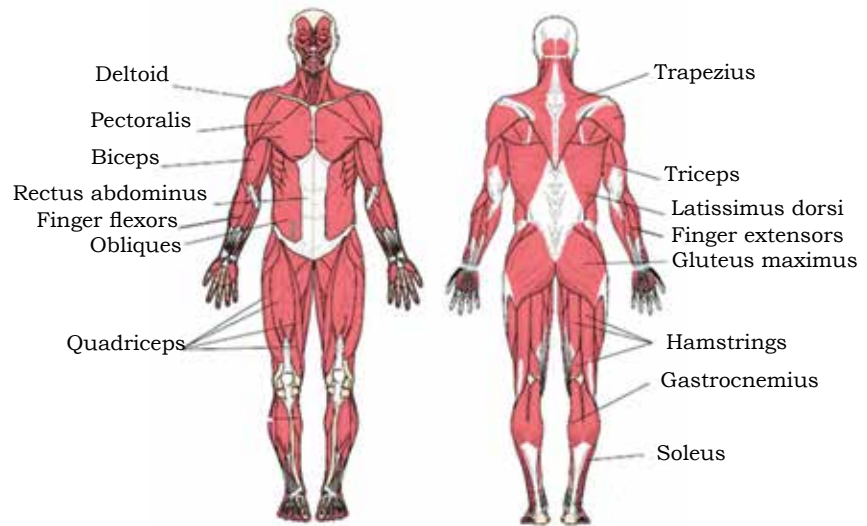
There are over 650 muscles in the body, which are responsible for providing strength, movement, balance, contraction, posture, stability and muscle tone (Fig. 3.5). Muscles are mainly of three types — skeletal, cardiac and smooth. They provide stability to joints, such as knees and shoulders, work together to contract and provide posture and heat production.

Massage assists the muscular system in the following ways:

- reduces connective tissue thickening
- helps in toning up the muscles
- decreases fibrous adhesions from muscle tissue injury or immobilisation
- enhances cell activity
- enhances posture and balance
- enhances range of motions
- facilitates movement
- facilitates waste removal in the lymph system
- increases flexibility
- reduces pain
- helps in post-operative rehabilitation, a period of



- recovery after a surgery
- provides relaxation
- releases facial constrictions
- stimulates the circulatory system
- stimulates the nervous system's sensory neurons
- warms up or warms down muscles during an exercise



*Fig. 3.5: Muscles in the body*

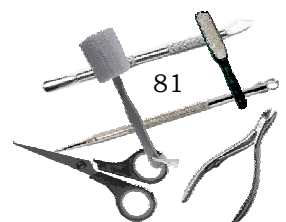
## Structure of the nail

In order to provide manicure and pedicure services to clients, there is a need to learn about the structure and functions of nails. A Beauty Therapist must be able to judge when is it safe to work on clients and when they need to see a dermatologist.

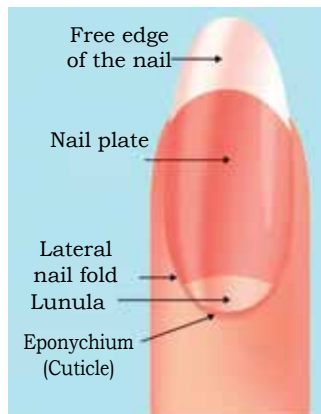
Nails tell a lot about a person's health. Healthy nails are smooth, shiny and translucent pink. Systemic problems in a person can show up in the nails as nail disorders or poor nail growth.

Nails are made up of a protein called 'keratin'. The purpose of nails is to protect the ends of fingers and toes, and help the fingers grasp small objects. Adult fingernails grow at an average rate of 1/8 inch per month, whereas, toenails have a slower growth pattern. Usually, a complete nail takes 4–6 months to grow. The growth of nails is faster during summers than in winters. The nail growth is the fastest on the middle finger and slowest on the thumb.

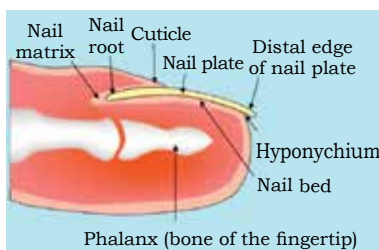
The nail is divided into six parts — root, nail bed, nail plate, eponychium (cuticle), perionychium and hyponychium [Fig. 3.6 (a and b)]. Each structure has a specific function, and if disrupted, it can result in an abnormal appearing fingernail.







(a)



(b)

Fig. 3.6 (a and b): Structure of the nail

## Nail growth and structure

### Nail growth

Nails grow throughout life but their growth slows down with age and poor blood circulation. Fingernails grow faster than toenails at a rate of 3 mm per month. It takes 4–6 months for a nail to grow from the root to the free edge. Toenails grow about 1 mm per month and take 12–18 months to be completely replaced.

### Nail root

The root of the fingernail is also known as ‘germinal matrix’. It lies beneath the skin behind the fingernail and extends several millimetres into the finger. The root produces most volume of the nail and the nail bed. This portion of the nail does not contain melanocytes or melanin producing cells. The edge of the germinal matrix is a white, crescent-shaped structure called ‘lunula’ [Fig. 3.6 (a and b)].

### Nail bed

Nail bed is a part of the nail matrix called ‘sterile matrix’. It extends from the edge of germinal matrix or lunula to hyponychium. The nail bed contains blood vessels, nerves and melanocytes or melanin producing cells. As the nail is produced by the root, it streams down along the nail bed, which adds ‘kerat’ to the under surface of the nail, making it thicker [Fig. 3.6 (a and b)].

### Nail plate

Nail plate is the actual fingernail and is made up of translucent keratin. The pink appearance of the nail comes from blood vessels that lie underneath the nail plate. The underneath surface has grooves along the length of the nail that helps to anchor the nail bed [Fig. 3.6 (a and b)].

### Eponychium or cuticle

The cuticle of the fingernail is also called ‘eponychium’. It is located between the skin of the finger and the nail plate, fusing these structures together and providing a waterproof barrier (Fig. 3.7).

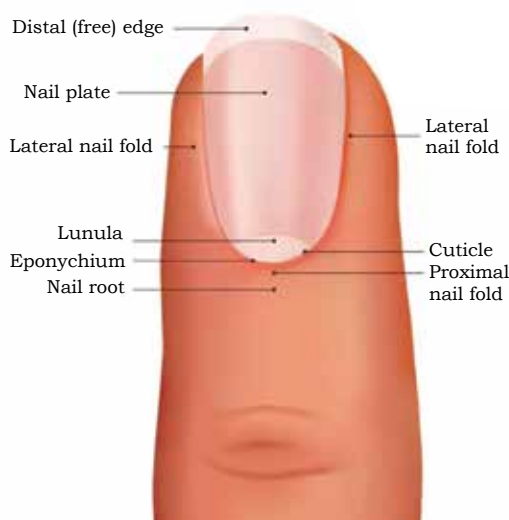
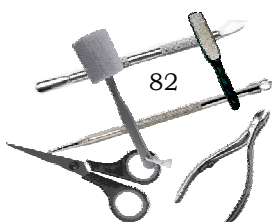


Fig. 3.7: Parts of the nail



## Perionychium

Perionychium is the skin that overlies the nail plate on its sides. It is also known as 'paronychia edge'. Perionychium is the site for hang nails, ingrown nails and infection of the skin called 'paronychia'.

## Hyponychium

Hyponychium is the area between the nail plate and fingertip. It is the junction between the free edge of nail and skin of the fingertip, providing a waterproof barrier.

### Practical Exercises

#### Activity 1

Label the bones of the arm as shown in Figure 1.

Material required: pen, pencil and eraser

#### Procedure

- Identify and label the bones of the arm.
- Present it before the class.

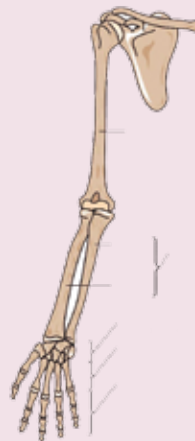


Figure 1

#### Activity 2

Label the muscles found in the human body as shown in Figure 2.

Material required: pen, pencil and eraser

#### Procedure

- Identify and label the muscles found in the human body.
- Present it before the class.

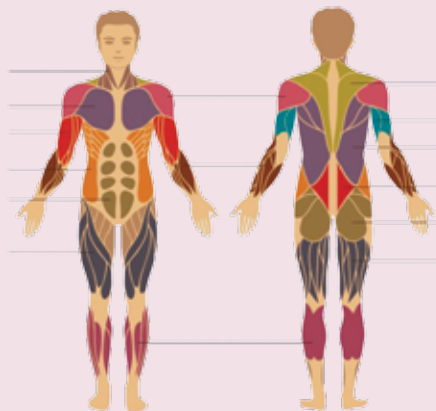
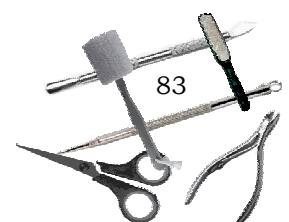


Figure 2





## Check Your Progress

### A. Multiple Choice Questions

- The nail is divided into \_\_\_\_\_ parts.  
(a) four  
(b) five  
(c) six  
(d) seven
- Fingernails grow \_\_\_\_\_ than toenails.  
(a) faster  
(b) slower  
(c) more  
(d) less
- Hyponychium is the area between the \_\_\_\_\_ plate and fingertip.  
(a) Toe  
(b) nail  
(c) skin  
(d) arm
- The point at which two or more bones meet is called a \_\_\_\_\_.  
(a) cartilage  
(b) ligament  
(c) joint  
(d) tendon

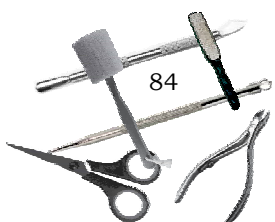
### B. Fill in the Blanks

- In bone \_\_\_\_\_, blood cells are produced.
- The tissue where a muscle attaches to the bone is called \_\_\_\_\_.
- The tissue that connects two bones is called a \_\_\_\_\_.
- Massage helps in improving \_\_\_\_\_ circulation and \_\_\_\_\_ tight muscles and tendons.

## What have you learnt?

### After completing this Session, are you able to:

- describe the structure and functions of the bones and muscles of arms, legs, hand and feet.
- identify the different parts of a nail.



## SESSION 2: MANICURE

The treatment for improving the appearance of fingernails and hands is known as manicure, whereas, the same treatment meant for improving the appearance of toenails, feet and legs is known as pedicure. In this Session, you will learn about 'manicure'.

Manicure is a popular service in salons as smooth skin, well-shaped and varnished nails are vital for a well-groomed appearance (Fig. 3.8). Regular beauty treatment helps prevent minor nail damages.

Professional attention to nails and surrounding skin encourages nail growth, keeps cuticles pushed back and prevents minor skin conditions.



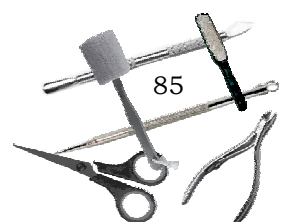
*Fig. 3.8: Manicure procedure*

### Preparing the work area








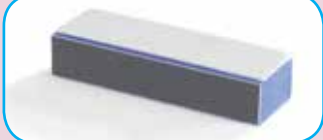
Preparation is the key to being a Beauty Therapist regardless of the treatment being carried out. Many salons have a designated work area for manicure and pedicure. Wherever a treatment is carried out, ensure that all material, equipment and products are handy.

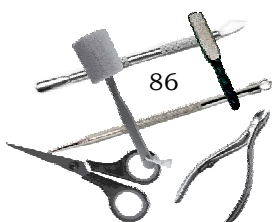
### Hygiene

- Clean trolleys, work surface(s) and shelves with surgical spirit.
- Clean and disinfect the work surface(s) prior to use.
- Use clean warm towels and bedroll for each client.
- Use disposable products.
- Use a spatula to take out products from containers.
- Clean the neck of a nail enamel bottle before putting the lid on.
- Maintain a clean and tidy work area.
- The therapist must wash the hands with soap or hand wash before and after each treatment.
- Sterilise all tools before and after use or dispose them of, depending on their type.



## Equipment and material used in manicure and pedicure

<p><b>Emery board</b></p> <p>It has two sides — a coarse side for filing the nails and a fine side for shaping and bevelling the nails. Emery boards are difficult to clean, although some manufacturers have developed special cleansers for this purpose.</p>	
<p><b>Orange stick</b></p> <p>The two ends of an orange stick have different purposes. The pointed side is used to apply cuticle or buffing cream. The other side, when tipped with a cotton wool, can be used to clean under the free edge, remove excess enamel and ease the cuticle.</p>	
<p><b>Cuticle knife</b></p> <p>It is used to push back the cuticles and remove dead cells from the nail area.</p>	
<p><b>Cuticle nipper</b></p> <p>It is used to remove hangnails and dead skin cells around the cuticles.</p>	
<p><b>Nail scissors</b></p> <p>These are used to cut the nails.</p>	
<p><b>Toenail clippers</b></p> <p>These are used to cut and shorten the toenails prior to filing.</p>	
<p><b>Nail buffer</b></p> <p>It is a pad covered with chamois leather and has a handle. It is used in conjunction with a buffing paste. Buffing adds sheen to nails, stimulates blood circulation and growth at the matrix. It is used in pedicure and manicure, or when nail varnish is not applied. To clean the nail buffer, wipe it with an appropriate cleansing solution.</p>	
<p><b>3-way buffer</b></p> <p>It is used to smoothen the nails and remove longitudinal and horizontal lines on it, if any. Wipe the 3-way buffer between uses with an appropriate cleansing solution.</p>	



**Nail brush**

It is used to clean the nails of clients and beauty therapists. Wash the brush in hot soapy water or sterilise it in a chemical solution before and after use. When using from nail-to-nail, clean it with a steriliser. On completion of a treatment, sterilise the brush in a cold sterilising solution.

**Hoof stick**

It is, usually, made of plastic but may be wooden too, having a rubber end to push back the cuticles. It is pointed at one end and may be tipped with cotton wool to clean under free edge. When using from nail-to-nail, clean it with a steriliser. On completion of the treatment, sterilise the hoof stick in a cold sterilising solution.

**Hard skin rasp or grater**

It is used in pedicure after the feet have been soaked in lukewarm water. It can be used in conjunction with a hard skin remover. Use it on areas of hard skin in rubbing action with light pressure. After use, wash the hard skin rasp in hot soapy water and dispose of the waste. Now, sterilise it in a cold chemical solution.

**Pumice stone**

It is a coarse stone used in pedicure to remove dead skin cells from the soles of the feet.



## Contra-indications

A contra-indication is a reason, symptom or situation that prevents the entire or part of a treatment from being carried out safely.

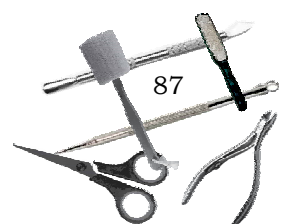
### Classification of contra-indications

- Contra-indications that prevent treatment (cannot treat)
- Contra-indications that restrict treatment (work around)

#### ***Contra-indications that prevent treatment***

##### *Haemophilia*

It is a rare bleeding disorder, in which blood does not clot normally.



## NOTES

### *Arthritis*

It is the swelling of one or more joints in the body.

### *Bruised nail*

It is an injury to the nail bed that causes discoloured nails.

### *Psoriasis of the nail*

This can be described as a non-contagious disorder that causes deep pitting of the nail bed.

### *Onycholysis*

Trauma to the free edge of the nail that causes separation of the nail from the bed.

### *Tineaunguium*

It is a ringworm (fungal infection) that causes yellow or white patches on the nail, leading to peeling of the nail plate.

### ***Contra-indications that may restrict treatment***

There are certain contra-indications that may require a change or modification in service due to risks but are not necessarily a reason for stopping a treatment. These include the following.

### *Onychorrhexis*

It is the dryness and brittleness of the nail that causes its vertical splitting.

### *Leukonychia*

It can be described as an injury to the nail that causes white spots on the nail plate.

### *Furrows*

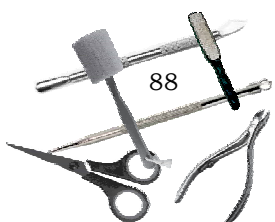
These are ridges in the nail caused by trauma, age, injury or ill-health.

### *Beau's lines*

These are ridges across the nail caused by ill-health or poor quality manicure.

### *Onychophagy*

It is very little free edge and sore skin around the nail caused by biting of the nail and its surrounding skin.



### *Nail separation*

- This is a condition, wherein a part of the nail comes off or separates from the nail bed (usually, only a part comes off and not the whole nail). In severe cases, it changes the nail colour, turning the nail plate dark green or black (Fig. 3.9).
- In feet, this occurs due to wearing tight shoes (which cause shoe bites), poor blood circulation and lack of foot care.
- Nails can be treated as long as there is no fungal or bacterial infection. In case of severe separation, no treatment must be carried out.



*Fig. 3.9: Nail separation*



*Fig. 3.10: Ingrowing nail*

### *Ingrowing nails*

This may affect either fingernails or toenails. In this condition, the nail grows into the flesh on the sides and may cause infection (Fig. 3.10). Excessive filing of nails in the corners or vigorous cutting causes this condition. If the area is open or infection is present, nail service must not be provided.

### *Split and brittle nails*

- Split and brittle nails (Fig. 3.11) are, usually, the result of using drying agents like those found in harsh detergents, cleaners, paint strippers, etc. Sometimes injury to the finger or diseases like arthritis can also cause split nails.
- Manicure and pedicure increase blood circulation in hands and legs, including nails. These help in supplying more nutrients and oxygen to the affected area, which aid in cell regeneration and gradual softening of tissues.
- As part of the service, one can use hydrating hot oil or paraffin wax to hydrate the nail plate and the surrounding skin.



*Fig. 3.11: Brittle nails*

### *Painful, red and swollen nail fold (paronychia)*

This is caused due to infection in the nail fold, which is the skin and the soft tissues that surround the nail (Fig. 3.12).



*Fig. 3.12: Painful, red and swollen nails*





## Identification of nail conditions

### Weak nails

Weak nails are soft. They get split and peel off easily. When they break, they tear and leave a jagged edge. This, usually, happens when a person cleans dishes or keeps one's hands in water for a long time. The nails absorb the water, thereby, expanding the nail bed. When the water dries out, the nails contract. The constant expanding and contracting eventually weakens the nails.

### Brittle nails

Brittle nails snap and are hard to bend. They tend to crack easily. A common reason for such a condition is the lack of moisture in nails as opposed to weak nails that have too much moisture content.



*Fig. 3.13: Ridged nails — horizontal and vertical*

### Ridged nails

Ridged nails are characterised by the appearance of vertical and horizontal ridges in fingernails, which are mainly due to nutritional deficiency (Fig. 3.13). Vertical lines on nails are common. These often get severe with age as nails retain more moisture with aging. Horizontal ridges are more likely to signal a problem. Beau's lines is a condition characterised by indentations across the nail bed and is a sign of disrupted nail growth due to illness.

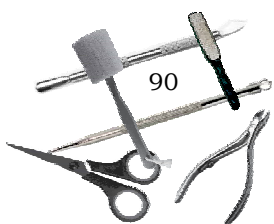
### Overgrown cuticles

Cuticles grow at a fast pace and may cover a major portion of the nail, making it prone to bacterial infections, hangnails, split cuticles and other problems.

## Manicure procedure

Manicure consists of various procedures, such as filing the nails, shaping the free edges, massaging the hands and application of nail polish. The basic processes for manicure and pedicure are the same. Before starting a treatment, one must:

- ensure that the equipment to be used is sterilised, and all material and products required in the process are organised at an accessible place.



- fill in the consultation form, check with a client for contra-indications and discuss with a service that meets the person's needs.
- remove all jewellery of the client, including watches, bangles and finger rings. These not only hinder the treatment process but can also cause an injury to the client or the therapist offering the service. Ask the client to keep these in a safe place.

## Manicure steps

Step 1: During consultation, discuss the needs of the client and adapt the service to suit the person's conditions and expectations. Agree on the preferred nail length and shape, and the type of nail polish required. If the client has no contra-indication, start the treatment.

Step 2: Request the client to choose the kind of manicure required — varnish dark, plain, frosted or French. Recommend a suitable nail finish, which matches with the client's preference. Dark colours make the nails appear shorter, so they are not suitable for short or bitten nails.

Step 3: Remove the old nail paint first. Check the nails for ridges and other problems. Examine the nail plate in its natural condition after removing the nail polish. Sanitise the hand to prevent cross-infection and do a manual contra-indication check.

Step 4: If required, cut the nails to give them a shape as per the client's preference. This should be done only with sterilised scissors. The nail clippings need to be collected in a tissue paper and disposed of appropriately.

Step 5: Now, file the nails using an emery board.

Step 6: Bevelling must be done after that. This seals the free edge layers of the nails and helps in preventing water loss and damage.

Step 7: Use an orange stick to decant, and then, apply cuticle cream around the cuticles.

Step 8: Gently massage cream into the cuticles using fingertips. This will help in softening the skin, making the removal of cuticles easier.



(a)



(b)



(c)



(d)



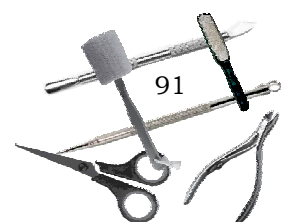
(e)



(f)



(g)



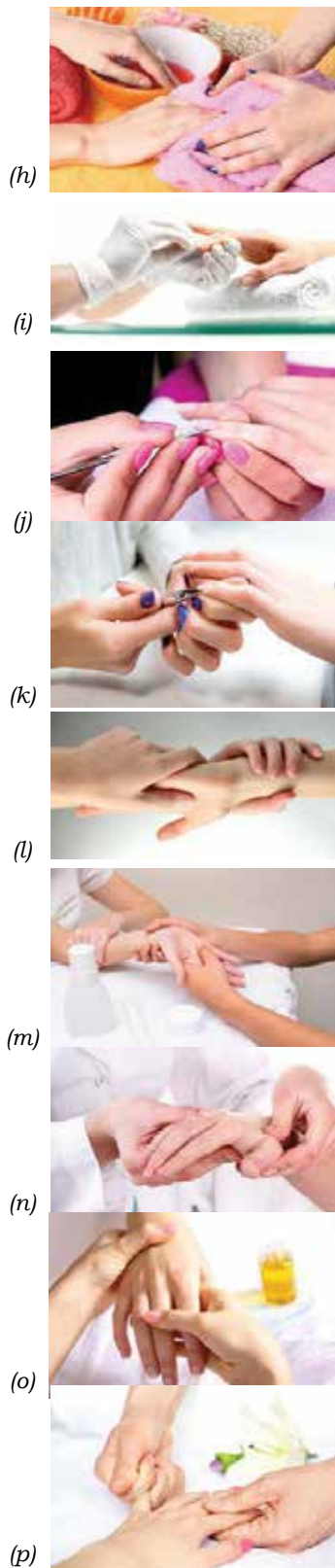


Fig. 3.14 (a–p): Manicure steps

Step 9: Test the temperature of the warm water placed in a bowl for the comfort of the client. Now, soak the hands of the client in the water. This will help in the absorption of the cuticle cream, resulting in softening of the skin.

Step 10: Take out one hand from the water. Dab and dry it thoroughly using a clean unused towel.

Step 11: Now, use a cuticle remover and a cotton bud to remove the cuticles. Cuticle remover is sharp, so one must be careful while using it. Use it sparingly and do not apply it on the surrounding skin.

Step 12: Remove excess cuticle from the nail plate. A cuticle knife might be needed to do this. The nail plate needs to be kept flat and damp, so that there are no scratches on the skin. The knife must also be kept flat to avoid the cutting of cuticles. Cuticle nippers may be used to trim the excess cuticle. Use a tissue paper to dispose of the waste. Bevel again. This will give a smooth finish to the free edges of the nails.

Step 13: Select a suitable medium for massage. To begin with, massage the hand with light effleurage movements. Support the hand and massage right up to the elbow.

Step 14: One must apply circular thumb frictions as the application helps to get rid of tension in the flexors and extensors of the forearm.

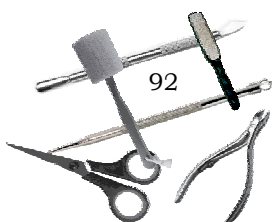
Step 15: Apply circular friction techniques over the back of the hand.

Step 16: Support the hand, and give gentle circular manipulations to each finger and the thumb. This will reduce tension in the knuckles. Do not pull the finger or make the circles too big as this is not only ineffective but may also worry some clients.

Step 17: Clasp the client's fingers between your fingers. Now, pull and twist gently down the length of the finger to stretch the tissues.

### Applying nail polish

The following procedures are adopted for applying nail polish (Fig. 3.15 and 3.16).



### Step 1: Base coat application

Apply the base coat starting at the cuticle. Fan out the brush over the nail as you brush towards the tip. Always work from the left to the right direction of the nail.

### Step 2: Choose the colour

The nail polish colour must be chosen, keeping in view the client's preference. However, a Beauty Therapist can make suggestions regarding the nail paint colour to be applied.

### Step 3: Prep the brush

Dip the brush into the nail polish bottle. Drag it out while wiping it on the rim of the bottle to remove excess paint. Without re-dipping the brush, now wipe its other side on the opposite side of the rim, letting the excess paint flow back into the bottle. Press firmly so that the brush slightly fans and the coating is evenly distributed. Continue pulling the brush out of the bottle, while wiping the paint coat off on the rim. The objective is that as the brush is pulled out, the paint coating is pushed towards the tip on one side of the brush, resulting in a crescent shape.

### Step 4: First coat

Starting at the cuticle, apply the nail polish with the help of the brush on to the nail. Press downwards. This will make the brush to fan out. Now, draw the brush to the tip of the nail while applying downward pressure, again moving from left to right to get an even coat.

### Step 5: Sealing the tips

Once the first coat is applied, go back to the leftmost part of the nail tip and drag the brush along the edge, while gently pressing downward. This seals the paint on the tip of the nail and the effect of manicure will be longer.

### Step 6: Top coat

Do exactly what was done, while applying the base coat.



*Fig. 3.15: Choose the nail polish colour, keeping in view the client's taste*



*Fig. 3.16: Apply the nail polish step-by-step*

## Nail shapes

Each person's nail features are unique. Nails vary in shapes and sizes. One will find people with long fingers and wide nail beds or short fingers and short nail beds, and other combinations. The five shapes that are common and preferred by customers are — square, round, oval, squoval and pointed.

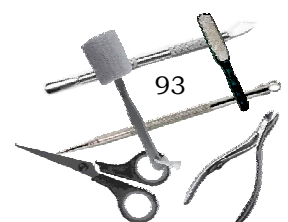






Fig. 3.17: Various nail shapes

### **Oval**

Oval is an attractive nail shape and is preferred by many women. Oval-shaped nails can be long to complement a longer nail bed, or can be short to suit a shorter nail bed. This shape retains the softer curves of the round shape, while adding length to the nail at the same time.

#### *How to file*

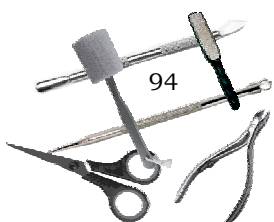
- To achieve an oval shape, straighten the sidewalls first and make sure they are even. This can be done through filing.
- File in smooth, arching motions, starting at the side of the nail moving towards the top, using a nail file.
- Work on the angles from both the sides and around the free edge to get the shape.

### **Square**

Square nail is the classic acrylic shape — straight side walls, sharp tips and a neat curve. But square nail is not always the best choice for certain nail beds as a sharp square shape can make the nail appear shorter and stubbier. But for longer nail beds, square shape can complement the nail and add length to the finger.

#### *How to file*

- To file into a classic square shape, a medium-grade file (150 grit) should be used. This helps in giving shape to the free edges and side walls.



- Turn the hand around to straighten the free edges, noting that when looking at it, the file must be perpendicular to the nail to achieve the shape.
- File a side wall straight up, and then, change the angle to blend.
- Repeat this on the other side as well.
- Once both the sides are done, bevel the nail and sharpen the corners.

### ***Squoval***

Squoval, as the name suggests, is a combination of square and oval. Sometimes, called a conservative square, it has the length of a square nail, but softer edges of an oval. Squoval shape suits all nail types.

#### *How to file*

- To file a squoval nail, begin with making a square, as is the practice for all shapes.
- This ensures that the side walls are straight.
- Once the side walls are straight, tilt the file underneath the corners. Now, file back and forth from downward to upward direction. This will slowly wear the corners off.

### ***Round***

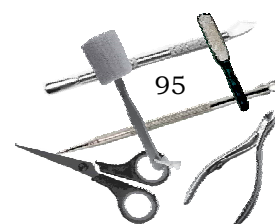
The round shape is frequently used to create a softer, less noticeable look. In case, a customer has wide nail beds and large hands, then round nails can give a slender look to the hands.

#### *How to file*

- To get a round shape, file the side walls straight out to make a square.
- Now, round out the edges with moderate angles into a curved shape.
- Be careful not to take out too much off on each side, else it will look imbalanced.
- The nail now needs to be slightly tapered and extend just past the tip of the finger.

### ***Pointed***

Pointed nails are less common than other shapes. A pointed nail can create length and make the hands look slender. Smaller hands with smaller nail beds





can use pointed nails to create length. If the nails have long and slender nail beds, then pointed nails are more noticeable.

#### *How to file*

- To achieve pointed nails, one tip to remember is that the technique is based on the letter 'T'.
- The upper arch, from top to bottom, becomes the centre of the 'T' shape that forms a line running down the nail bed.
- The top of the 'T' is bending the cuticle flush with the natural nail, and the bottom of the 'T' is looking down the barrel of the nail to make sure the C-curve is even.

### **Aftercare advice**

To ensure that the effect of manicure lasts longer, follow these guidelines.

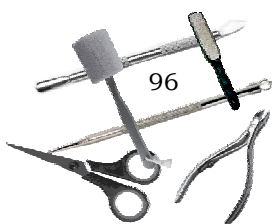
- Give enough time to the nails to dry after manicure.
- While doing household works, such as gardening or cleaning the dishes, wear waterproof gloves.
- Always dry the hands after washing them.
- Hand creams must be used regularly to keep the skin soft and protected.
- Always apply base coat under the nail polish to prevent staining.
- Apply top coat over the nail polish to prevent chipping of the nail paint.
- Use an acetone-free nail polish remover.
- Never use metal files as these may damage the nails.
- Keep workable length of the nails as very long nails cause problems and might get damaged.
- Use cuticle cream or oil the hands regularly to moisturise dry cuticles (Fig. 3.18).
- Drink adequate water and eat well to maintain a healthy skin and nail condition (Fig. 3.19).
- Do simple hand exercises to keep the joints supple for smooth movements.
- Avoid using hard soaps and detergents for washing hands.
- Avail manicure every 2 to 4 weeks for soft and shiny hands.



*Fig. 3.18: Apply moisturiser to keep the hands hydrated*



*Fig. 3.19: Drink plenty of water*



## Practical Exercises

## NOTES

### Activity 1

Identify the different equipment and material used in manicure.

Material required: chart paper, pictures of equipment and material used in manicure, glue stick, pen, pencil and eraser

#### Procedure

- Collect pictures of equipment and material used in a manicure procedure.
- Paste them on a chart paper.
- Identify and label the pictures.
- Present it before the class.

### Activity 2

Role-play on manicure.

Material required: entire manicure set-up, notebook and pen

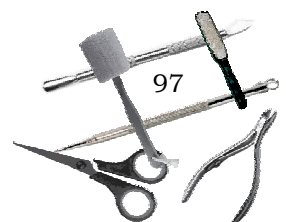
#### Procedure

- Form groups of three students each and take up the character of a Beauty Therapist, Assistant Beauty Therapist and client.
- Now, enact a scene where the Beauty Therapist prepares the client for a manicure.
- Identify the products and tools to carry out the service, and seat the client.
- Act as if the Beauty Therapist is demonstrating the various techniques used in manicure service, such as filing, buffing, application of cuticle cream, removal of cuticle, cuticle pushing and polishing.

## Check Your Progress

### A. Multiple Choice Questions

1. \_\_\_\_\_ is a rare bleeding disorder, in which blood does not clot normally.  
(a) Onycholysis (b) Tineaunguiun  
(c) Leukonyhia (d) Haemophilia
2. \_\_\_\_\_ is the swelling of one or more joints in the body.  
(a) Onycholysis (b) Arthritis  
(c) Leukonyhia (d) Tineaunguiun
3. \_\_\_\_\_ are ridges in the nail caused by trauma, age, injury or ill-health.  
(a) Beau's lines (b) Bruised nails  
(c) Psoriasis (d) Furrows



4. The main purpose of cuticle nipper is to \_\_\_\_\_.  
 (a) remove hang nails and dead skin  
 (b) cut nails  
 (c) file nails  
 (d) removes toenails
5. Nail polish must be applied in \_\_\_\_\_ stroke(s).  
 (a) one (b) two (c) three (d) five
6. \_\_\_\_\_ is not a nail shape.  
 (a) oval (b) round  
 (c) squoval (d) cylindrical
7. Identify the nail shape.  
 (a) almond (b) square  
 (c) pointed (d) squoval



#### B. Fill in the Blanks

1. A \_\_\_\_\_ knife is used to push back the cuticles and remove dead cells from the nail area.
2. A toenail clipper is used to cut and shorten the toenails prior to \_\_\_\_\_.
3. A \_\_\_\_\_ stone is used for removing dead skin cells from the feet.
4. Before applying the nail paint, one must check the nails for \_\_\_\_\_ and other disorders.

### What have you learnt?

After completing this Session, are you able to:

- identify the tools and material used in manicure.
- perform manicure service.

## SESSION 3: PEDICURE

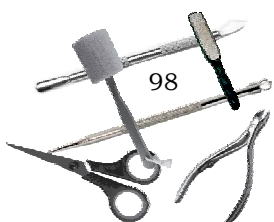
Pedicure is a service aimed at improving the appearance of the feet and toenails. Pedicure has many health benefits, including prevention of nail diseases and disorders, cosmetic and therapeutic benefits.

Pedicure involves working on toenails and removing dead skin cells at the sole of the feet using a rough stone called 'pumice stone' and other implements. These days, leg care below the knee is also included in pedicure.

Leg care includes depilation (hair removal) by shaving, waxing or some other technique. This is followed by granular exfoliation, application of moisturising



Fig. 3.20: Pedicure procedure



cream and ending the procedure with a leg massage. A monthly treatment helps keep the feet and toenails in a healthy condition, although excessive hard skin may need frequent pedicure sessions.

**Purpose of pedicure**

- To improve the appearance of feet and toenails
- To relax aching and tired feet
- To reduce hard skin at the sole of the feet

**Pedicure includes**

- Shaping the nails
- Cuticle treatment
- Removal of hard skin
- Specialised foot treatment
- Foot and leg massage
- Nail varnish application as required by a client

Most of the steps followed in manicure apply to pedicure too. The major differences between the two are:

- positioning of the client
- treatment of hard skin
- treatment area

**Contra-indications**

Contra-indication is a condition that either prevents a treatment or may restrict one. For example, a bruised nail may restrict a treatment, while a bacterial or fungal infection will prevent the treatment completely due to the risk of cross-infection.

**Contra-indications that prevent treatment**

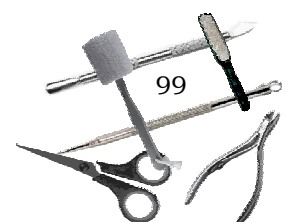
- Multiple warts
- Fungal infection(s)
- Bacterial infection(s)

**Contra-indications that restrict treatment**

- Bruised nail
- Cut and aberration on hand or fingers

**Pedicure procedure**

- Wash the hands (Fig. 3.21).
- Check with the client for contra-indications, if any.





*Fig. 3.21: Wash the hands*



*Fig. 3.22: Soak both the feet in pedi antiseptic soaking solution*



*Fig. 3.23: Remove old enamel from the toenails and examine them for infections*



*Fig. 3.24: Shorten or cut the nails using clippers*



*Fig. 3.25: File the nails using an emery board*



*Fig. 3.26: Exfoliate and scrub the foot*



*Fig. 3.27: Use a cuticle remover to remove excess cuticle*



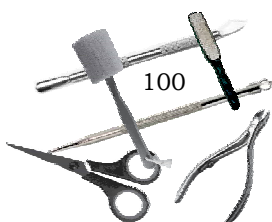
*(a)*



*(b)*

*Fig. 3.28 (a) and (b) : Push back, lift and clean around the cuticle and free edges*

- Soak both the feet of the client in a pedi antiseptic soaking solution (Fig. 3.22).
- Dry both the feet and rest them on a clean towel.
- Remove old enamel from the toenails and examine them for infections (Fig. 3.23).
- Shorten or cut the nails using clippers, if required. The nails must be cut straight across to avoid ingrowing nails (Fig. 3.24).
- File the nails of each foot using an emery board (Fig. 3.25).
- Apply cuticle cream and massage the nails, and place the foot back into the soak. Repeat the steps on the other foot as well.
- Use a callus file or scrub or an exfoliator on hard skin of the sole (Fig. 3.26).
- Dry the foot. Pay attention to the area between the toes.
- Apply a cuticle remover, spread around the cuticles and gently push back and lift the cuticle off nails (Fig. 3.27). Light pressure must be applied to avoid damaging rest of the nail and nail plate [Fig. 3.28 (a) and (b)].







*Fig. 3.29: Scrub the nails*



*Fig. 3.30: Separate the toes with dividers and apply a nail paint*



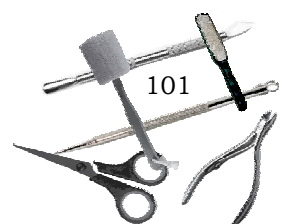
*Fig. 3.31: Apply base coat, nail paint and a top coat, if required*

- Use a cuticle knife, dual tool or nippers, if required. Repeat the process on the other foot as well.
- Scrub the nails, clean, rinse and dry them (Fig. 3.29).
- File rough edges on the nails.
- Massage the legs one-by-one.
- Squeak and clean the nail plate to ensure that all grease is removed.
- Separate the toes with dividers or tissue papers (Fig. 3.30).
- Choose a nail enamel colour and check its texture.
- Apply the base coat, nail enamel and top coat (Fig. 3.30 and 3.31).
- Give home care advice to the client and suggest the products that one may buy.
- Record details of the treatment.

## Pedicure massage

Pedicure massage follows the movement of kneading, tapping and rolling (Fig. 3.32–3.36)

- Support the ankle with one hand and effleurage (massage involving a repeated circular movement made with the palm) six times up to the knee with each hand separately. Cover the front, sides and back of the lower leg.
- This must be followed by circular finger movement kneading the knee. Kneading is a form of massage used to treat the muscles, and reduce stiffness and pain.
- Give palm kneading to the calf.
- Now, give circular thumb kneading to the front of the leg from ankle to knee.







*Fig. 3.32: Pedicure massage*



*Fig. 3.33: Massage the leg around the knee area*



*Fig. 3.34: Massage the leg around the calf area*

- Effleura the knee three times.
- Do circular finger movements and knead around the ankle.
- Knead the Achilles tendon (back of the ankle) six times.
- Give thumb frictions to the top of the foot from toe to ankle.



*(a)*



*(b)*

*Fig. 3.35 (a and b): Massage the foot using palm kneading technique*



*Fig. 3.36: Give thumb frictions to the foot*



*Fig. 3.37: Apply moisturising lotion daily on the feet to keep them hydrated*

- Also, give deep palm stroking to dorsal (top) and plantar (bottom) aspect of the foot (together).
- Give palm kneading to toes using both the hands at the same time.
- Palm knead the sole six times.
- Give deep thumb frictions to the sole of the foot (sawing action) from toe to heel and back.
- Give friction circles to each toe.
- Effleura six times from foot to knee.
- Use firm pressure on the foot to prevent over-sensitivity and ticklish sensation.

## **Aftercare advice**

To ensure that the benefits of pedicure last longer, the customer may be advised the following.

- Apply moisturising lotion daily on the feet after bathing (Fig. 3.37).
- Dry the feet thoroughly after washing, especially the area between the toes.
- Regularly apply talc or special foot powder between the toes as it helps to absorb the moisture.
- Use creams, sprays and oils to keep the feet fresh during the day. Those with peppermint and citrus oils are particularly useful.
- Regularly, use a cuticle cream or oil to massage the cuticles.
- Use non-acetone varnish remover only.
- Apply creams regularly to moisturise the nails, especially, after removing the nail polish as most nail polish removers contain chemicals that dehydrate the nails.

## NOTES

### Practical Exercise

#### Activity

Identify contra-indications.

Material required: notebook and pen

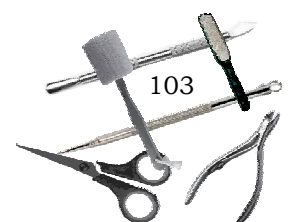
#### Procedure

- Identify nail condition (texture, diseases, etc.,) in a volunteer's foot.
- Identify the contra-indications that may restrict a pedicure service.
- Make a note of your observations.

### Check Your Progress

#### A. Multiple Choice Questions

1. Pedicure includes shaping of the nails and \_\_\_\_\_.
  - (a) cuticle treatment
  - (b) treating multiple warts
  - (c) treating fungal infections
  - (d) treating bacterial infections
2. Contra-indications that prevent treatment are \_\_\_\_\_.
  - (a) multiple warts
  - (b) fungal infections
  - (c) bacterial infections
  - (d) All of the above



3. An \_\_\_\_\_ is used for filing the nails.  
(a) clippers  
(b) emery board  
(c) cuticle remover  
(d) orange stick
4. \_\_\_\_\_ is a form of massage used to treat muscles, and reduce stiffness and pain.  
(a) Curette  
(b) Kneading  
(c) Tapping  
(d) Solling

### C. Subjective Questions

1. What is an emery board?
2. When is the base coat applied on a nail?

## What have you learnt?

**After completing this Session, are you able to:**

- describe the contra-indications that may restrict a pedicure service.
- demonstrate the procedure of pedicure.

